

# CENTURY ORTHODONTICS

OUR THIRD CENTURY OF ORTHODONTIC EXCELLENCE

Dr. Robert Waxler & Dr. Jeffrey Cavanaugh

Manchester ■ Clayton ■ Wildwood — Missouri

[www.centuryorthodontics.com](http://www.centuryorthodontics.com) 636-391-0499 century@centuryorthodontics.com

## Rapid Palatal Expander (RPX)

- Certain orthodontic conditions are caused by, or complicated by, a narrowness of the upper jaw (palate). Fortunately, before adulthood, the palate is actually two separate bones connected down the middle by a non-bony suture (similar to the soft spot on a baby's head).
- Advantages of this technique include more room to align the teeth, a broader more esthetic smile, a more stable final result and sometimes even easier breathing through your nose!
- Relatively heavy forces applied quickly (to minimize orthodontic tooth movement) will cause the two palatal bones to separate. After a period of time new bone fills in and preserves the increased width of the upper jaw.
- A typical expansion procedure involves activation of the appliance once a day for three or four weeks. This is followed by three or four months of stabilization before the appliance is removed.
- For most patients it is the size and bulkiness of the expander that seems to be the major problem. Soreness of the teeth can be expected and, as the appliance expands the mid-facial bones, some discomfort under the eyes and around the nose may occur. A large space can be expected to open between the middle two upper teeth as each tooth is carried to the side by the movement of the separating bones. This movement stretches the gum tissue between the incisors; and over a period of a few months they are pulled back together by the recoil of these fibers. Fixed appliances are almost always necessary to achieve an ideal alignment.
- If you experience a great deal of pain activating the appliance, you are unable to turn the screw, or if the appliance becomes loose, please call us immediately.
- If you are unable to make the observation appointments during the expansion phase do not continue to expand past the appointment date.
- Remember: It may not be fun but it does work very fast!